



## Self-Counselling Methods Of Psychology

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### Abstract

In the present era, people's thoughts and ideas are going in negative direction because he started using the science and its developments for the negative purpose either for other or indirectly for himself. The circumstances and situations around people resist them to see the shining side of our thoughts of positivity and satisfaction, for happiness. All this situation leads the society towards psychological problems, maladjustment, violence, low self esteem etc. If we go through our ancient culture where life of satisfaction and happiness was the basic priority for every person, we had lots of daily practises which generates the positive thoughts and the feeling of worthiness in ourselves. In this study, it is tried to elaborate the practices of Atmabodha - Tatvabodha Sadhna and Mirror therapy as the method of Self Counselling in Psychology. To recultivate the feeling of positivity, happiness, worthiness in ourself.

**Keywords:** Self-Counselling, Positive Psychology, Atmabodha - Tatvabodha Sadhana, Mirror Therapy.

### INTRODUCTION:-

The world is changing very fast and so the humans are. If we see all around ourself we could see the rush everywhere, and the man in the rush, to succeed in this competitive world, no one has time for any other person. The developments of science and technology gave us very luxurious life but it also given us lots of competition for this luxury. The main cause of this need of luxury is to be happy and to make our life easy, which could lead us towards positive and pleasant life style. But if we go through the whole past time and see the present situations, we can easily find that we are actually not getting those feelings, pleasure, happiness for which we are actually working so hard and collecting the luxuries. Our life become more miserable then the previous one, we don't have the positivity in life, we are not getting the goals of our life, the creativity in people is lacking down, we feel unable to think any new & creative thoughts, people have become very narrow minded, they just wanted to have such things which are readymade and don't want to work for small things. The

materialistic lifestyle has given a virtual world to everyone and so we are unable to feel the real courage, empathy, love, integrity, wisdom, in our own life. Children in front of TVs and computers are seen very far from the real world, the society in which they live, it leads lack of social intelligence, lack of immunity for the real life situation, the same condition can be seen in the youth and working people also in different forms and level. Today no one is really seemed satisfied in his life, so they are not seemed happy also. Everyone has time to meet different people throughout the world but they don't have time to meet their loved ones, they try to find out the happiness, love, empathy, enjoyment in clubs, shopping malls and even in their work but not satisfied with the life. Everyone are in a need of positivity, happiness, but very few are getting the right path to get it.

All these situations around us, is mainly responsible for the different type of diseases and disorders whether physical or mental, the changed lifestyle of now a days is the main cause of different diseases which further leads to the psychological negative affect all over the world, since everyone is following the pathways of this materialistic era. In the present life situations no one has time to take care of his/her health which leads to the physical problems, and ultimately to the mental stress and anxiety. If we go through the main reasons of these mental stress, we could find that the mentality of competition and inclination towards different means of luxury make a person to work very hard that could even not in the capacity of him, "an unsatisfied mind which wants more and more to fulfil its desire which never end".

People now a days don't have time for themselves, to think about themselves, so they are also unable to find the real things which can satisfy their psychological needs i.e. happiness, love, affection, appreciation etc., they are trying to make themselves happy with the materialistic thing but are not truly satisfied which can be easily seen through the no of cases of psychological disorders in the society.

Management specialist Peter Druker has said that "the work, which you don't have to do is done by you with all efforts and hard work, then that work is the worst work done by you". The same we can see now a days that people are doing such jobs, work which they either don't want to do or they don't need to do but they are performing such tasks in search for joy and happiness which can give them satisfaction.

If we see our past history, especially in our Indian culture, we can find that there were no such problems which can be seen today. By this we can easily interpret that it is due to the changes of living pattern or we can say that the difference of life style. If we try to find the cause in some more deep, we can find that it was the attitude of people of that time, the daily practices which they followed were very different in that time which was based on some of our ethics and culture which was shown by our saints and sages. Our culture has told that the feeling of positive environment, happiness is based on our thinking only, our beliefs and faith on oneself is the root cause of any situation raised in our life. According to Pt. Shriram Sharma Acharya: "thoughts are the inner potentials of a person, in which direction or goal it is focused, we get the success and develop in that direction", by this statement we can easily understand that how our thoughts and beliefs work on our present conditions. The thoughts of

any person lead himself and the society toward any particular direction because an individual's thought affect not only his activities but it also trigger the activities of his surroundings. If we see our ancient India we could find that the regular contacts of the people with saints and sages developed a happier environment when we were also developing but with full satisfaction, pleasure and in positive environment and had high moral and ethical values. They had given us some of the key practices which was followed by people and so they always seem happy and developed such a beautiful environment that we still want to have in our society.

Daily routine and habits plays a very important role in developing any personality, and if the routine of the whole community is changed, then it has the capability to change the whole era. Our ancestors also followed many such habits which we can see in all the parts of society of that time, we can easily say that, those practises played such a very important role that it created harmony, sympathy, justice, love, affection, sociality, forgiveness, self-control, excellence, gratitude, hope and spirituality in the society.

In the present study, it is studied that how two of those practices are capable to develop the positivity in our life. Atmabodha – Tatvabodha Sadhana and Darpan Sadhana (Mirror Therapy) which are very ancient practices and used by our saints and sages and our ancestors, to develop and maintain the spiritual ambience in the society. Both of the practices need a very few time in the whole day but it may have great power to change any person's outlook of seeing the world if done regularly and with proper manner, these practices can change the attitude and thought process regarding the situations around him. These practices were seem undescribed properly, so we were not so familiar with these practices, but Pt. Shriram Sharma Acharya, who is a saint, sage, philosopher, writer has described it to the society so that everyone can use these techniques to change their own world and have the positivity, joy at every moment of life.

### **Atmabodha – Tatvabodha Sadhana**

#### **Basic principle behind Atmabodha and Tatvabodha:**

“Every morning as a birth and every night as a death.”

#### **Atmabodha Sadhana**

Atmabodha word is made up of two root words Atma and Bodha. Atma means “Self” and bodha means “knowledge” or “understanding”. So the meaning of atmabodha is to know ourself that What we actually are? Atmabodha means to know our real roots of life, our responsibilities, qualities, goal, resources etc. and according to that designing our lifestyle and attitude towards life.

“andhkar ko prakash me parinit karane vali prakriya ko atmabodha kehte hai ..... jo apne swaroop ko samajhne ka avsar deti hai aur itni samarthya pradaan karti hai ki pichle dharre ko badal kar naye sire se vastusthiti ke anurup sochne aur karne ki padhhti ko apnaya, kriyanvit kiya ja sake”.

The process of enlightening in the dark is Atmabodha, which give you a chance to understand ourself and ability to change the old attitudes and to develop positivity and act on it.

“Kedollasvilaseshu svatmkartavyaikaya,  
Swasamkalpe kshyam yate sagtaivavshishyate.” – mahopnishad 6/3

Building a state of Happiness or sorrow is based on a person only, after getting its knowledge only peace and happiness remains in oneself.

“mano hi jagatam kartri mano hi purusha smritah,  
Swaroopam sarvakritvam cha shaktatatvam cha mahatmanah. 1  
Pratibha samupayati yadyadasya hi chetasah,  
Tatprakattameti stheryam safaltamipi. 2” - Yogavashistha

Mind is the visual representative of soul, it make a world whatever it wants, it has great potentials. The imaginations which it develop, same circumstances starts to develop according to it.

Dr. Rajagopalachari has written a commentary on few topics of Geeta. He explains 38<sup>th</sup> shloka of 2<sup>nd</sup> adhyaya that “real happiness can’t be get by materialistic pleasures, rather by the inner of soul.” In the book “Conscious Autosuggestion” prof. Emile ku given the examples that how could a person can drastic change himself and other on the basis of will power and determination of autosuggestion.

### **Two phases of Atmabodha Sadhana:**

1. Seeing the Self
2. Seeing the World

### **Questions to be asked to ourselves**

1. Why only we (human) get the ability to think, talk, walk, write etc. and to develop lifestyle but not the other creatures in the world?
2. Is the luxury which we get, is only for us?
3. Are we really using this (our) body for the right and positive direction?

### **Process of Atmabodha Sadhana**

Atmabodha Sadhna is a practise of morning time. It take less than 15 minutes.

Get up and sit, make your mind conscious and think that this is a new birth of mine and we got this life just for one day. Thank to the almighty that he has given you this day, and promise to yourself that you will make a very good use of this opportunity. Make a short routine that, what you have to do. Promise yourself that you will leave all the wrong habits, behaviour and try to do the best whatever you have to do and will serve the humanity as much you can.

## **Tatvabodha Sadhana**

Tatvabodha means to know the reality about the body (Tatva), its usefulness and its end, To evaluate the relations of this body with the materialistic things and to develop the policy for those things. In short the process of making balance between the understanding the reality and usefulness of it in our life. Tatvabodha is a process of thinking deeply and evaluation which has mainly steps.

### **Four steps of Tatvabodha Sadhana-**

- Atma chintan (self evaluation) - interpretation of the present conditions of yourself
- Atma sudhaar (self refinement) - planning and practices to get rid from the negativity of our life
- Atma nirmaan (self development) - planning and practices to cultivate those good qualities which we want to be in our life, and helpful to develop positive direction.
- Atma vikaas (self evolution) - in this phase person has to think himself as a part of whole world and the world as a family.

### **Process of Tatvabodha Sadhana**

Tatvabodha Sadhana is a practice of night when a person is ready to go to sleep.

In this Sadhana the person has to analyse whether he fulfilled all his promises that he had done in the morning. If you had any mistake, make promise that it will not be repeated further, think that your life of this one day is over now, you got the chance to be a part of the world today, and pay thanks to almighty for giving you the chance to serve the humanity. Shri Aurobindo has said that “when a person work with the knowledge of oneness with god, then he exactly see the love, affection, sympathy, happiness, all around him”.

### **Darpan Sadhana (Mirror Therapy)**

Mirror therapy is also a self evaluation and self regulatory technique. When any person find it hard that to get the right direction in life and he also don't have any other person to guide, then he himself can find the path through this self counselling technique. As we see our physical body in the mirror and get the reflection of our body, same could be happen with the psychological body also. As the actual situation of any person can only known by him only, or by a very close one, the mirror plays a role of your close one, where one can see the actual situations which are going on in the life and can interpret them very easily as seeing them in the reflection. Mirror also plays a major role in seeing your desires and wishes in your life, a mirror shows that what you actually are now but what you should have to be or what you want to be in your life.

In the Darpan Sadhana see himself, not only physically but also the thoughts and feelings which are going into his mind, he face to himself also give instruction to his reflection. Darpan Sadhna is one of very effective technique of self realization used in earlier time, through which the sadhak (devotee) gets the knowledge about himself and situation as a viewer, though he can easily interpret the situation. Darpan (Mirror) is also used as to instruct and to do counselling of yourself where the person has the problem and he only is the counsellor who tries to make a good decision and strategy for the situations going on. Mirror

therapy is used to get the blank spaces of our life, the emotional blankness or the faults which we are doing and the position in which we are, it give us a chance to think that what I have come for, and what I am doing?, rather I am doing the things correct?, is my behaviour is good?, what are my expectations from life?, what I want to be?, do am I in the correct path towards my goal?, what should be my real goal?, what I have achieved and what I have to achieve?

Through the Darpan Sadhana a person can easily find the way of his life, on which he is walking through. He can direct himself to reach any goal, and develop the pathway towards success, hope, love, happiness etc. because it is in human nature that a person easily find the positive or negative aspects of the person who is in front of him. If a person fails to analyze and evaluate himself, and he really want to know the situation, he asks someone else, but in mirror therapy he asks to his reflection, the person only asks the question and he only give the answers to himself that what is right and what is going wrong.

Need of appreciation is one of the basic need of a person, when we are compared with the great personalities, a person feels great and try to increase those qualities which could fulfil it. In mirror therapy also, the person compares himself as one of the worthiest person of the world as he is a son of god. He has all the capabilities and has lot of energy, which he has to awake in himself to fulfil all the basic desire what he wants form life.

**Sarvah swa samkalpavshaalldhu bhavati va guru.** – everyone become great or small due to his promises, oaths.

In Shruties it is said that –

**Yo yachraddha sa ev sah** – what a person think and feel about himself, he become the same.

### **Process of mirror therapy**

Sit on the floor or on the chair in front of a big mirror, see your whole body which can be seen in the mirror and analyse it. At very first think about yourself and feel that you are getting away from pain, sorrow, fear. See yourself full of divine light, which is increasing gradually, see directly in your eyes and say the following instructions to yourself –

- I am awaking all my divine powers,
- Today is the day of my enlightenment,
- I am full great skills,
- I will be a great person,
- divine power is with me,
- I am getting the righteous knowledge,
- my soul will show me the right path,
- I am getting powerful internally,
- I am the master of my energies,
- I don't have fear of the obstacles of life,

- I am getting energised,
- my intelligence, memory, will power, determination are increasing,
- I am getting skilful,
- I always think Positive, I own the qualities of great persons,
- there is no negativity around me,
- I have a pure and pious body, mind and soul,
- I am full of energy and positivity.

Then rub your both palm gently and put them on your eyes for some time.

About mirror therapy Pt. Shriram Sharma Acharya has said that

*“by seeing the reflection of ourself in the mirror we can go very deep in the stages of self analysis and evolve from the deep of negativity to the peak of positivity in our life, a new pathway is formed which leads to the success” – Sadhana Se Siddhi pg.5.37*

A person should think that he is a son of almighty and he also own the same qualities as of almighty, but why he is not capable to evolve such characteristics, what hurdles in life is coming in his way to be a great person. He should promise to himself that he will be happy in any circumstances whether good or bad, he will never give up the righteous path of humanity and serve the whole society with all his capabilities.

## **Conclusion**

Thoughts are one of the greatest power of the world because a person is governed by his own thoughts and a single person is the unit of the society. The all which we have in our history, all are because of anyone’s thought and his/her actions on it. The thoughts of Gandhi, Karl Marks, Shri Aurobindo, Ramkrishna Paramhans, Swami Vivekananda, Pt. Shriram Sharma Acharya etc. effect our life even when they are not physically present in this world. This is the power of thoughts which can even change the mentality and attitude of the society, nation or the world. So if any person’s thought may have the power to change the world, then the thoughts also have the power to change ourselves. If we go in deep and subtle part of it, we could find that the thoughts change the person at first and then he get the capability to change the world. A person can change his own life at very first stage, according to himself but if he is not conscious about it, he moves like a pendulum to find the happiness and positivity in his life. Very few of us know that happiness and positivity is generated from the inner self. Pt. Shriram Sharma Acharya has said in his book, Sadhana se Siddhi-2 “if any person’s determination and will power is high to get the righteous path and he has the understanding of right or wrong, then negativity can’t even touch the person” (pg5.29).

Atmabodha – Tatvabodha Sadhana and Darpan Sadhana are some of the major techniques which are used in our culture from ancient time to develop the feeling of worthiness and to get the righteous path which can lead a person towards the self satisfaction and happiness. In the modern time Pt. Shriram Sharma Acharya has given it back to the society to evolve themselves as a son of almighty. Both the techniques need less than 15 min each, but it plays a great role in changing the thought process and then the attitude of any

person. When a person feel his importance and worthiness, then he feel more pleasure because it fulfil the need of appreciation by himself. These techniques force a person to feel the happiness and positivity around him. Both are self instructing or self counselling methods by which anyone can easily find the pathway to success and get the way that how could he overcome all the problems which are actually not the real problems but the person interpret it as the big deal to solve. Through these techniques a person gets the real knowledge that what he is actually, he has all the powers as of the god but he has to awake them, he get to know that how to find happiness in even small things which can change his life. He get to know that how to use his life in serving the society so as to god, he get to know that happiness is not in the outside, but it is generated from our inner self.

If a person is able to find the happiness he can never be overwhelmed by the feeling of sorrow, hate, pain etc. he will find positivity everywhere and can be able to adjust everywhere, he can be capable to make positive environment for the others also. The person who know his worthiness and his capabilities made a history for others such as Swami Vivekananda, Ramkrishna Paramhans, Shri Aurobindo, Maharshi Raman, Pt. Shriram Sharma Acharya.

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